Pityriasis Rosea

Pityriasis Rosea is a common skin disease leading to a characteristic rash. It usually begins as a large spot (herald patch) on the neck, chest, abdomen or back. Days later, this is followed by smaller lesions which display a "christmas tree" distribution. This is usually self-limiting after 6-8 weeks.



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Preceded by Upper Respiratory Tract Infection

Upper-Respiratory Tract Infected

Pityriasis Rosea has been considered a viral exanthem, and has been linked to upper respiratory infections. It has been linked to HHV-7 (human herpesvirus 7). Often, these lesions occur a few days after a resolved illness, but have also been shown to have a higher incidence in those who are immunocompromised.

Single "Herald Patch"

Herald-hare with Patch

This skin disorder initially presents as a solitary, salmon-colored patch with a well-distinguished border. These "herald patches" usually present on the neck, chest, abdomen or back, and are sometimes pruritic.

"Christmas Tree" Distribution

Christmas Tree Distribution-plant

A few days to a week after initial presentation of the "herald patch," a secondary rash appears. This typically consists of bilateral and symmetric macules on the abdomen or back. They have a "christmas tree" distribution, with lesions extending from the midline out.

Plaques with Collarette Scale

Plaque with Scaly-collar

These lesions are plaques, and are raised, ranging from 1-cm to 4-cm. They have a collarette scale, with scaling at the periphery of each lesion, which is often pruritic.

Self-resolving in 6-8 Weeks

(6) Sax and (8) Ball

Treatment is supportive and treats symptoms such as dryness and pruritis. This is self-limiting and resolves in 6-8 weeks.

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